

## Statement of Declared Purpose

<b>Training Provider</b>	FitAsylum
<b>Awarding organisation name</b>	Active IQ
<b>Name of regulated qualification</b>	Active IQ Level 3 Diploma in Fitness Instructing and Personal Training (QCF)
<b>Qualification level</b>	Level 3
<b>Qualification accreditation number</b>	600/4941/8
<b>Qualification type</b>	Qualifications and Credit Framework (QCF) The QCF is a way of recognising achievement through the award of credit for units and qualifications. For more information visit: <a href="http://ofqual.gov.uk/qualifications-and-assessments/qualification-frameworks/">http://ofqual.gov.uk/qualifications-and-assessments/qualification-frameworks/</a>

### Qualification Overview

#### Aims

The aim of this qualification is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes, developing their skills knowledge to pursue a career in personal training.

The qualification has been developed for:

- Individuals (aged 16+) wishing to pursue a career in the health and fitness sector as gym-based fitness instructors and personal trainers
- Individuals considering a career in a gym-based environment such as a health club or leisure centre
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

#### Objectives

- To provide learners with the knowledge of anatomy and physiology, functional kinesiology and concepts and components of fitness
- To provide learners with the knowledge and skills to successfully gather and analyse client information using the most accepted techniques
- To provide learners with the knowledge and skills to assess a client's current health and fitness status
- To provide learners with the knowledge and skills to be able to plan and conduct a physical activity session, within a variety of environments using multiple resources
- To provide learners with the knowledge and skills to perform a client consultation using the most accepted methods and providing strategies for successful behaviour change
- To provide learners with the knowledge and skills to be able to communicate effectively to build successful relationships with their clients and other health care professionals

To achieve the qualification learners must complete a minimum of 52 credits from the 10 mandatory units as follows:

#### Level 2 Certificate in Fitness Instructing

- Anatomy and physiology for exercise (Level 2, 6 credits)
- Know how to support clients who take part in exercise and physical activity (Level 2, 2 credits)
- Health, safety and welfare in a fitness environment (Level 2, 2 credits)

- Principles of exercise, fitness and health (Level 2, 4 credits)
- Planning gym-based exercise (Level 2, 4 credits)
- Instructing gym-based exercise (Level 2, 6 credits)

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### **Level 3 Certificate in Personal Training**

- Anatomy and physiology for exercise and health (Level 3, 6 credits)
- Applying the principles of nutrition to a physical activity programme (Level 3, 6 credits)
- Programming personal training with clients (Level 3, 7 credits)
- Delivering personal training sessions (Level 3, 9 credits)

This qualification is open to all and no previous experience or qualifications are required, therefore there are no specific pre-requisite qualifications but some experience of gym-based exercise, including free weights, is highly recommended. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2.

### **Progression**

This qualification enables progression on to the Advanced Exercise and Fitness Apprenticeship and provides direct progression to Level 3 NVQ Diploma in Personal Training for learners who wish to develop and demonstrate occupational competence in personal training. Learners may progress onto qualifications in related sectors, such as Sports Massage, where they will be provided with the knowledge and skills to practice sports massage alongside personal training in a health club environment or own business. Alternatively, learners may broaden their knowledge and skills by progressing onto qualifications mapping to additional branches of the Level 3 Standards, such as Exercise Referral and Leisure Management.

The qualification provides entry to the Register of Exercise Professionals (REPs) at Level 3. Launched in 2002, the REPs are an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. The REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards. Through gaining the relevant, credible qualifications, REPs membership provides assurance and confidence to employers, consumers, and health care professionals that all REPs registered exercise professionals have the knowledge, competence and skills to perform specific roles. To read more about REPs please visit <http://www.exerciseregister.org/about-reps/about-reps>

### **Support**

Support for the qualification has been provided by the following trade association and professional body:

- ukActive - a not-for-profit body comprised of members and partners from across the UK active lifestyle sector
- REPs UK - the independent public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK

